

Cinnamon Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



32

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon apple cider
- ☐ 0.7 cup sugar
- ☐ 2 teaspoons allspice whole
- ☐ 2 cinnamon sticks
- ☐ 2 cranberry-orange relish with cloves

Equipment

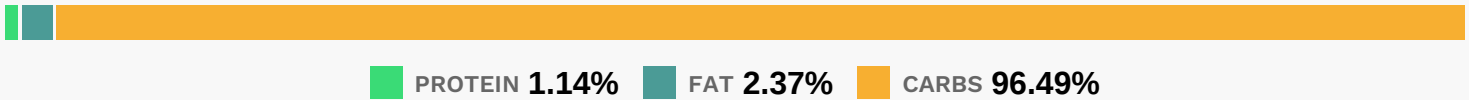
- ☐ bowl
- ☐ sieve

- ☐ dutch oven
- ☐ colander

Directions

- ☐ In 4-quart Dutch oven, heat all ingredients except oranges to boiling; reduce heat. Cover; simmer 20 minutes.
- ☐ Strain punch through sieve or colander.
- ☐ Pour into small heatproof punch bowl. Float oranges in bowl.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:8.61, Inflammation Score:-1, Nutrition Score:1.5152174044886%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 75.66kcal (3.78%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 18.27g (6.64%), Sugar: 16.31g (18.12%), Cholesterol: 0mg (0%), Sodium: 5.03mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Manganese: 0.14mg (6.85%), Vitamin C: 5.55mg (6.73%), Potassium: 138.54mg (3.96%), Fiber: 0.62g (2.46%), Vitamin B1: 0.03mg (2.15%), Magnesium: 7.28mg (1.82%), Calcium: 17.01mg (1.7%), Vitamin B2: 0.02mg (1.44%), Vitamin B6: 0.03mg (1.36%), Iron: 0.19mg (1.07%), Copper: 0.02mg (1.03%)